



The Tribune Institute

At Your Service



Making the Home as
Efficient as the
Factory.

TESTED AIDS FOR THE HOUSEHOLD

Look in Part II, Tribune Graphic, for Detailed Illustrations of the Appliances Described on This Page

The Tribune Institute experts have tested all articles described on this page and know them to equal the claims of the manufacturers. The only unknown element is that of time, for it is obviously impossible to give any article the same wear and tear it would receive during weeks or months of actual use. The material and construction of each utensil are considered, and it is believed that all described here will give service that is fully satisfactory, although the actual length of wear cannot be guaranteed definitely. Should any of our readers find that an article has broken down under ordinary conditions before it has given reasonable service the facts should be reported fully to this Institute. Both the manufacturers and this Institute endeavor to present to our readers only those articles that have real merit and are of proper construction so as to give satisfactory service.

Pyrene Fire Extinguisher.

Made by the Pyrene Mfg. Co., 52 Vanderbilt Ave., New York City.

YOU NEVER miss the extinguisher until the fire has started. Afterward when the house is burned down, you may think regretfully of all the ways in which it could have been put out, if only the fire company had got there in time, or if you had been able

to smother that blaze when it first started! That is why Pyrene means preparedness. It is a brass cylinder about a foot long, and weighs six pounds and is filled with a quart of some chemical that smothers a blaze almost instantly. It has a nozzle at one end and a handle at the other, by which it can be worked like a pump. When the handle is worked back and forth the stream of chemical liquid can be projected to a distance of fifteen to twenty feet. Any woman having ordinary strength of hands and wrists can handle the thing, and the fact that the stream carries so far makes it possible for her to put out the fire from a safe distance.

The fluid as it is released produces a heavy pungent gas, which blankets the flame and cuts off the air. The great value of the apparatus is that this fluid causes no damage to clothes, furniture, paintings or woodwork. Wherever the fire breaks out the stream may be directed without fear of the surrounding furnishings.

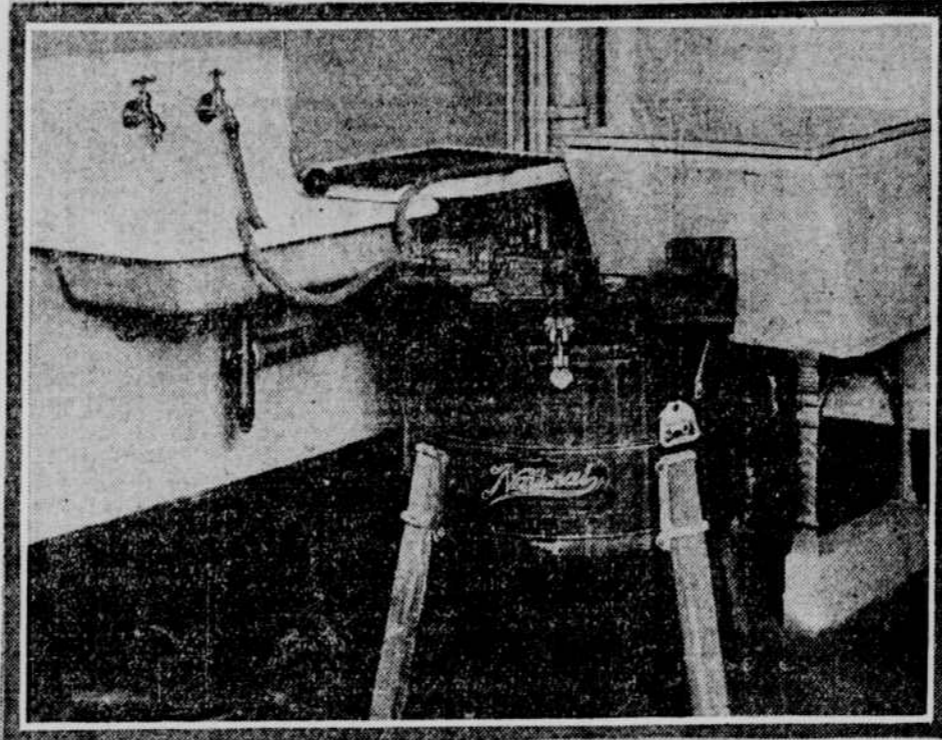
This device is intended for emergency use at the start of a fire. Its presence should not, however, delay the sending in of a fire alarm.

The automobile carrying one of these small extinguishers in his car reduces the premium of his fire insurance 15 per cent. Price, \$7; recharging, \$1.

National Water Motor Washer.

Made by the National Water Motor Co., Springfield, Ohio.

The National Water Motor Washer is a boon



The Washing Machine That Runs by Water Power from an Ordinary Faucet.

to the housewife whose home is beyond the reach of electricity and who has not a power engine at hand. This washer produces just as efficient results as hand rubbing without the accompanying labor. The tub is made of cedar and is mounted upon four wooden legs. The motor is fastened to the cover and is provided with two lengths of hose, one of which is connected to the cold water faucet and carries the water to the motor, while the other conducts the passage of the water from the motor to the sink. This stream of cold water merely runs the motor. The tub is filled with hot water for the washing by disconnecting the supply hose from the motor and attaching it to the hot water faucet.

The brass cylinder is protected by galvanized iron casings, and a strainer over the inlet valve prevents any foreign matter from entering and clogging the mechanism. The motor has no coil springs or exposed gears, and operates upon ordinary city water pressure—forty pounds.

This is a machine of the "dolly" type, in which the clothes are cleaned by constantly moving them back and forth in a tub of hot soapy water. After connection is made the motor is started merely by opening the faucet. Heavy blankets or finer and lighter fabrics are cleaned with equal thoroughness in this washer. The water consumption on forty pounds of water pressure was three gallons a minute. Price, \$17.

Wear-Ever Aluminum Ware.

Made by the Aluminum Cooking Utensil Co., New Kensington, Penn.

Where it is possible to combine beauty, a high degree of utility and durability in one utensil, it seems as if any woman ought to be satisfied.

The Wear-Ever ware does all this. Although most of these utensils are stamped from sheet aluminum and made without seam or solder, a few of them, such as the griddle, spider or waffle iron, are of cast aluminum.

Taken as a whole, this ware is very satis-

factory. Certain pieces are almost indispensable to the well equipped kitchen. Pancakes never stick when baked on the cast griddle. A new waffle mould is ordinarily anything but a pleasant implement with which to deal, but the first waffle made in the cast waffle mould is as finished a product as the last.

Prices on application to manufacturers.

Sherwood Dish Drainer.

Made by J. M. Sherwood Co., 154 Chambers Street, New York.

Dishes may not only be rinsed, but dried, in the Sherwood Dish Drainer. This is quite according to the most approved methods of dish drying, for the dish towel is no longer an important member of society. A special rack is provided for the plates, with a basket for the silver, and there is still space for the rest of the dishes.

Liberal application of very hot water, which, by the way, immediately flows out of the small hole in the bottom of the pan, soon leaves the dishes dry and with a high polish. It is a wise idea to place the drainer on a slightly sloping surface, so that no water will remain in the pan and interfere with the complete drying of the dishes.

By corking the hole and removing the rack the drainer can be made into a very useful watertight pan for general household use.

The Sherwood Dish Drainer is a galvanized pan, 17½ inches long, 12½ inches wide and 4 inches deep. It is fitted with a welded wire dish rack and a silverware holder. Price, 75 cents.

Ladd Beaters, Nos. 1 and 2.

Made by United Royalties Corporation, 1133 Broadway, New York.

The housewife who buys either of the Ladd beaters is sure to be satisfied. The only difference in these devices lies in the size, the smaller beater, No. 1, being commonly used.

The eight beating blades, of which the manufacturer is justly proud, give the machine beating, agitating and aerating power, and the

direct centre drive makes the beater work easily and rapidly and without tripping over its own toes.

While the Tribune Institute recognizes the efficiency of the Ladd Beater and heartily approves it, its guarantee does not cover the claim that this utensil makes two eggs go as far as three or that for "shop, factory and laboratory it is the only reliable and efficient beating, agitating and aerating utensil."

The Ladd Beaters Nos. 1 and 2 are nickel plated. The eight beating blades and a centre drive are the most important assets of the machine. The handle is of the Alaska type. Price Beater No. 1, 50 cents; Beater No. 2, 60 cents.

"Round File" Popular Gas Lighter.

Made by Safety Gas Lighting Co., Haverhill, Mass.

It seems odd that we should return to the old time flint and steel for the latest improvement in gas lighters. This little implement saves time, eliminates danger and does away with the nuisance of burnt match ends. All that is needed to light the gas is to hold this simple little metal device close to the burner and give the slight pressure that produces the spark.

The device has a spring steel wire handle, with the round file and sparking material so attached to the end that a pressure of the hand causes the sparking material to pass over the file and produce the spark which lights the gas. The file can be turned so that wear does not

Examine the Washing
Machine that Runs by
Water Power.

occur constantly in one place. The sparking material will last from 5,000 to 10,000 lightings, according to the care with which it is used, and is easily renewed. Price, 25 cents. Sparking material renewals, 10 cents.

Sanitary Bake Pan and Griddle Oiler.
The Home Craft Shop, 2473 Warren Street, Toledo, Ohio.

The Sanitary Bake Pan and Griddle Oiler does away with the necessity for the stray piece of paper or small cloth for oiling pans or griddles. The strip of wicking which is a substitute for these may be removed easily when ready to clean or a new piece is needed. The device is simply a piece of lamp wicking seven and one-half inches long and one and one-half inches wide, folded into a neat nickel plated wire holder. Price, 25 cents.

Three-in-One Broom Holder.

Made by S. I. Ovi, 25 West 42d Street, New York City.

Do not stand the broom in the corner when it is not in use. If you stand it handle down it is likely to tumble over at any moment. If left brush down, the pressure spreads the whisks and injures the shape of the broom. Instead, try the Three-in-One Broom Holder. It is merely a steel plate with two hooks, above which is a projecting arm with a circular hole through which the broom handle passes. The hooks are for hanging up the whiskbroom and dustpan, while the ring will hold the broom at any height and keep it well away from the wall. Price, 15 cents.

TRIBUNE INSTITUTE MAIL



THE letters of inquiry that come to The Tribune Institute refer to the purchase of household appliances, to questions of pure food, methods of cooking, home efficiency and other matters of interest to the housewife. The greater part of these letters are answered personally, but now and then we print extracts from those which seem of general interest to housewives.

To Keep Mould from Cheese.

Will you please tell in your useful department how to keep cheese from moulding?—T. H. B., Chocoma, N. H.

According to directions given in the government bulletin entitled "Cheese and Its Economic Uses in the Diet": "One of the best ways of keeping cheese that has been cut is to wrap it in a slightly damp cloth and then in paper and keep it in a cold place. To dampen the cloth, sprinkle it and then wring it. It should seem hardly damp to the touch. Paraffin paper may be used in place of the cloth. When cheese is put into a covered dish the air should never be wholly excluded. If this is done the cheese moulds more rapidly."

Why Cream of Tartar Costs More.

I have used cream of tartar for several years for medicinal purposes, and have always paid 40 cents a pound for it. I called on our local druggist recently, intending to purchase a pound, but found that he could not let me have it. The price had gone up so very high that he kept very little in stock, so I bought a quarter of a pound, for which I paid 55 cents. The druggist said that there is no scarcity of cream of tartar, but that the wholesale druggists are taking advantage of the war and the consequent scarcity of some

drugs to raise the price of all—even home products. Can nothing be done to protect the public from this injustice?—M. M. V., Brooklyn.

We have ascertained from an authority upon the subject that while cream of tartar is higher in price than before the war, the increase is only about 60 per cent. Packages containing a quarter of a pound are usually sold at 15 cents.

The higher price of cream of tartar is due to the scarcity of argol, from which it is made. With an attendant increasing cost owing to the failure of last year's wine crop—which was only 29 per cent of normal in Europe—adding to this the difficulty of procuring and the high cost of labor, higher ocean freights, war risk insurance, etc., the above stated percentage of increased cost is fully accounted for.

Argol is a crystallized deposit which forms on the inside of casks and other receptacles in which the juice of the grapes is placed. At least 95 per cent of the argol produced is imported mostly from France and Italy, and retails at from 60 to 70 cents a pound, which seems reasonable under present war conditions.

IN PLANNING the daily menu so much of the kitchen depends upon utilizing the "leftovers" advantageously that the careful caterer should familiarize herself with recipes which will demonstrate how cold cooked food may be served so successfully that it will be quite as palatable as when it appears in its original form.

One frequently hears it stated—and it is quite true—that the trained and experienced cook is really an economical proposition, because she never wastes good material, but uses up every scrap that is fit for human consumption. Often it is these small portions, when blended together in variety or added to a bit of new material, that give "that indescribable flavor" which is so desirable and for which the French chefs are famous.

Be very sure that the butcher sends home all bones, meat trimmings and fat, for which the housekeeper has paid a good price. Many a good, nutritious soup can be made from these same bones and trimmings, while the fat, tried out and added to your jar of "drippings," will help materially in keeping down your bill for other shortenings.

On the Monday morning visit to the

ice box there will probably be found sufficient of the cold lamb to answer for the evening dinner on Monday, and also for Tuesday's luncheon, while the last bits of cold tongue may be minced and used to enrich the breakfast omelet on Monday.

With the exception of the pot roast planned for Saturday's dinner, large pieces of meat and joints have been avoided, the two "fish dinners," the rolled flank steak and the broiled tenderloin being purchased only in sufficient quantity to allow of the service for dinner and enough for a savory made dish for the next day's breakfast or luncheon.

With the passing of the peach season and the best of the melons, the housekeeper loses two of her best breakfast fruits. Apples, Bartlett pears and grapes, however, will be found worthy successors, and the luscious grape fruit that is always sure of a warm welcome may be served occasionally until it becomes more reasonable in price as the season advances.

In the scalloped fish with tomatoes and the fish salad will be found excellent examples of tempting dishes which may be prepared from "leftovers," while the browned hash with green peppers made from remnants of the pork ten-

derloin will have a very delicate flavor, tasting very much as if it were prepared from cold chicken. A bit of poultry seasoning added to the hash will make it a still better substitute for poultry, and the combination of chopped meat, potatoes and peppers should be moistened slightly with a little thick cream before it is browned over in the pan.

Tested Recipes.

MOCK COFFEE CAKE.

Remove the crusts from slices of whole wheat bread. Butter them generously on both sides, lay them in a buttered baking pan and spread the tops with a mixture of equal parts of sugar, cinnamon, a few chopped raisins and just enough milk to form a paste that will spread. Place the pan in a very hot oven and serve when the paste is delicately browned. This is a delicious substitute for a hot breakfast bread.

VEGETABLE STUFFED PEPPERS.
These delicacies are rather a novelty, and they will be found particularly good when fresh corn is in season. Also they form an excellent method of util-

MEALS ALL PLANNED FOR THE COMING WEEK

All recipes have been tested by the writer,

VIRGINIA CARTER LEE

Culinary Expert of The Tribune Institute.

These menus are arranged with particular care as to the correct food values, a due measure of economy and the introduction of novel and tempting dishes not found in the average cook book.

izing bits of vegetables too small to be served in any other way. Cut a slice from the stem ends of the peppers, then cut them in halves and remove the seeds and membranes. Soak in cold water for half an hour and cook in boiling, salted water for fifteen minutes. Cut from the ribs the cooked pulp of three ears of corn and add a bit of grated onion, three tablespoonfuls of grated bread crumbs, one small cooked carrot finely chopped, two tablespoonfuls of chopped parsley and the chopped pulp from two peeled tomatoes. Season the vegetable forcemeat with pepper, salt and celery salt to taste and mix in three tablespoonfuls of melted butter and two tablespoonfuls of tomato catsup. Fill into the drained peppers, cover the tops with browned bread crumbs and cook in a rather hot oven for twenty minutes.

FISH AND TOMATO SALAD.

Flake any of the cold cooked halibut into small pieces and mix with one chopped hard-boiled egg, a few capers, a slice or two of chopped pickled beet and half the quantity of shredded lettuce that you have fish. Season lightly with salt and pepper and moisten with a mayonnaise dressing. Have in readiness peeled, chilled tomatoes from

which the centres have been removed; fill with the fish salad and arrange each tomato in a nest of crisp lettuce leaves. Mask the top of each tomato with a little of the dressing and sprinkle over chopped cucumber pickle.

BUTTER CAKES.

Southern recipe—Mix together one quart of sifted flour, two heaping teaspoonfuls of baking powder and one teaspoonful of salt; then rub in with the finger tips three tablespoonfuls of butter. Mix to a soft dough with cold milk, roll out on the bread board into a sheet one-quarter of an inch thick and cut into round cakes. Lay on a moderately hot, greased griddle, and when nicely browned turn and brown on the other side. Tear open, butter liberally and send immediately to the table, covered with a napkin.

CHOCOLATE PARFAIT.

Put into the upper part of the double boiler a quarter of a cupful of milk. Add one and a half squares of unsweetened chocolate (grated), a few grains of salt and half a cupful of sugar. Cook over hot water until the sugar is melted and the chocolate dissolved. Remove from the fire, add one tea-

spoonful of vanilla extract and allow it to cool. When quite cold fold in one pint of chilled double cream that has been whipped solid with one tablespoonful of powdered sugar, and beat again until the mixture is as thick as chocolate russe. Turn into a mould with a watertight cover and bury in ice and rock salt about three or four hours before serving. In freezing weather no ice and salt need be used, the mould being set outside until the parfait is frozen.

FRUIT CHARLOTTE.

This is a very delicious dessert, and if one has the ingredients at hand it may be prepared in about six or eight minutes. Bits of almost any preserved or fresh fruit may be used—bananas, Maraschino cherries, peaches, strawberries and preserved ginger being excellent. For five persons allow half a pint of chilled double cream. Whip it until it retains its shape, sweeten very slightly with powdered sugar and fold in the chopped drained fruits. Combine nations of different fruits are excellent. Line tall, slender glasses with halved lady fingers, fill with the fruit cream and ornament with a few crystallized cherries.

Monday

BREAKFAST

Stewed Crabapples
Cooked Cereals
Tongue Omelet (last of cold tongue)
Mock Coffee Cake Coffee

LUNCHEON

Vegetable Stuffed Pepper
Brown Bread and Butter
Chocolate Washington Pie

DINNER

Bisque of Clams
Cold Sliced Lamb Chutney Sauce
Delmonico Potatoes Stewed Tomatoes
Egg Salad Apple Custard

Tuesday

BREAKFAST

Moulded Cereal with Dates
Calf's Liver and Bacon
Buttered Toast Coffee

LUNCHEON

Brown Mince of Lamb on Toast
(last of cold lamb)
Stewed Quinces Wafers

DINNER

Lamb Broth with Barley (lamb bone)
Fried Halibut Steaks
Escalloped Potatoes Buttered Carrots
Lettuce Salad Ginger Frappé

Wednesday

BREAKFAST

Grapes
Uncooked Cereal
Green Tomato Oysters
Raised Cinnamon Buns Coffee

LUNCHEON

Fish and Tomato Salad
Rolled Flank Steak
Grape Juice Jelly

DINNER

Cream of Cabbage Soup
(last night's vegetable)
French Fried Potatoes Green Corn
Vegetable Salad Apple Tart

Thursday

BREAKFAST

Bartlett Pears
Cornmeal Mush
Fish Cakes
Toasted Muffins Tomato Sauce Coffee

LUNCHEON

Cold Sliced Roll Spiced Peaches
(last night's dinner)
Baked Potatoes Ginger Snaps
Apple Sauce

DINNER

Cream of Corn Soup
(last night's vegetable)
Broiled Pork Tenderloin Fried Apples
Mashed Potatoes Baked Onions
Beet Salad
Prune Whip

Friday

BREAKFAST

Bananas, baked with Lemon.
Poached Eggs on Toast.
Fried Cornmeal Mush Maple Syrup Coffee

LUNCHEON

Browned Hash with Green Peppers
(from Pork Tenderloin).
Buttermilk Biscuits
Baked Maple Apples

DINNER

Cream of Tomato Soup
Baked Stuffed Haddock
Parsley Potatoes Lima Beans
Cabbage Salad
Chocolate Parfait

Saturday

BREAKFAST

Green Gages
Cooked Cereal
Scalloped Fish with Tomatoes
(from Baked Haddock)
Butter Cakes Coffee

LUNCHEON

Tomato Rarebit
Olives
Coffee Spice Cake

DINNER

Beef Bouillon with Tapioca
Pot Roast Mashed Potatoes
Cauliflower
Jelly Salad
Peach Milk Pudding

Sunday

BREAKFAST

Halved Grapefruit
Creamed Smoked Beef
Cereal Griddle Cakes Maple Syrup Coffee

DINNER

Bloater Paste Canapes
Roast Duck Apple Sauce
Rice Potatoes Corn Pudding

SUPPER OR LUNCHEON

Sliced Pot Roast Chili Sauce
Potato Salad
Toasted Crumpets
Fruit Charlotte